



Volume #351, Issue #3

Editor: Ron Dehn

FOOTPRINTS



SUMMER Edition



Atalanta Cancelled for 2020 season By Wendy Garrison

Covid 19 claimed another race in 2020 - the women's only Atalanta 5 K run and 1.5 mile walk. The run/walk was scheduled to take place Saturday, July 25 at City Park. While restrictions are steadily being lifted since "Stay at Home" orders were given in March, the Parks and Recreation Department does not anticipate being able to hold events of more than 50 people this season.

While the race was cancelled, Gloria Montoya was still named Honorary Race Captain for 2020. Gloria has been running for over 30+ years. As a Pueblo native, she has contributed to the community and has been a member of SCR for many years. Within the last few years, she holds the AG record of American Discovery Trail half marathon. Since 2013 she has set and holds all 4 races in the short series of PPRR Winter Series in her AG. Gloria broke AG record in the Game Day 5K by 6 minutes. UltraSingUP.com ranks Gloria at 91.63% in age rank rating. Add to all of this - Gloria is just one sweet and humble lady and becomes the first Honorary Race Captain for a race that never was.



Melanie Nelson (right) presenting the honorary captain award to Gloria Montoya. More photos on page 8

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A message from the president Kim Arline

What a bizarre year 2020 has been and continues to challenge our sense of normal on a near daily basis. It is strange to look back a couple months at how naïve we were to think normalcy would return with warmer weather. We were surprised in March when schools and businesses shut down to limit the spread of the novel coronavirus. And we slowly, almost in slow motion, realized it would impact our healthy outdoor activities cancelling spring and early summer races. Our club had to cancel OMT/MMT, several Predict events and now Atalanta. We are holding Rock Canyon loosely, we are ready to host it if the health of the community allows it. Sometimes I wonder what we will think in another 3 to 6 months looking back at today.

By now you have probably participated in a virtual event in place of the real deal. I enjoyed the Ultimate Social Distancer 13.1 with a t-shirt of Big Foot hauling a roll of toilet paper in the forest. I hope in the future that shirt reminds me of an odd time in our lives that passed like most things, just a really weird blip. Even SCR has held a couple virtual Predict race options. In May, 61 people ran and submitted their name to Ted for credit toward the Predict Shirt at the award banquet. Members were encouraged to physically distance but not socially distance. We asked members to post pictures on the Southern Colorado Runners Group Runs Facebook page and try to connect with one another from afar. A few even shared recipes they might have brought to the after run pot luck. Over Father's Day weekend, Ted set up the timing mats and offered a low key physical distance Predict at Lake Minnequa. 21 runners and walkers attended and kept the minimum 6 foot safety buffer. And another 33 ran/walked virtually for t-shirt credit. See Ted's note on page 15 about the July event. Stay tuned.

Even though COVID has thrown a monkey wrench into our 2020 racing and training schedules, we are thankful we have not heard of any serious illnesses in our club from the virus. The newspaper reported one of Pueblo's first cases was a healthy, distance runner and several stories in Runners World shows us healthy, 35-55-year-old, very accomplished athletes are not immune to the serious complications the virus can inflict. So continue to adhere to public health recommendations to physically distance with the magic minimum 6 foot distance, but farther if you are exhaling and exerting yourself a lot, singing or yelling. Enough evidence exists to show the benefits of everyone wearing a face covering when indoors outside your home, especially if passing within 6 feet of others. As a pharmacist, I can attest this really is the single most cost effective, low risk way to prevent the spread of viral particles that is spread 40% of the time by people with no viral symptoms! I do not want to see any club members names pop up on my screen at the hospital, so please protect yourself and others.

(Continued on page 7)



Southern Colorado
Runners
www.socorunners.org

SCR Mailing Address:
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Pueblo, CO 81008

Southern Colorado Runners and Triathlon Club is a non-profit organization that promotes running, walking, biking, swimming, and overall health and fitness in the Southern Colorado Region.

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SCR Monthly Meetings: are held the 1st Wednesday of each month at 6pm at the Rawlings Library on Abriendo in the Brett Kelly A Room. All SCR / Tri Club members are welcome and may bring relatives, friends, ideas, and treats.

NOTE: Until Further Notice, if meetings are held, they will be via technology.

SCR / Tri Club President is Kim Arline and can be reached at: president@socorunners.org. Other officers and contact info are listed on the outside back cover.

This newsletter is produced as a group effort by club members.

Editorial Consultants: Judy Tucker, Gary Franchi, Laura Wehrwein, Becky Medina, and Olivia Medina. (Previous Editors)

Newsletter Advisor: Chris Dehn

This month's Contributing Writers / Photographers: Kim Arline, Wendy Garrison, Jane Murtha, Ashlee Sack, Mary Yang, Sean McGivney, Marijane Martinez, Lisa Vigil, Melanie Nelson, Ted Sillox, & Philippides*

Advertising Policy: SCR allows advertising in "Footprints" in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card size ad and progressively higher for larger sizes. The fee is \$25 to have either race registration forms or non-race flyers inserted or emailed. Inserts must be 8 ½ x 11 and a count of 250 inserts is required. Coordinate with the newsletter editor regarding inserts and stuffing. Generally speaking, because of the publishing schedule, inserts are required well in advance.

* Legend states that Philippides was sent from the battlefield of Marathon to Athens to announce that the Persians had been defeated in the Battle of Marathon (in which he had just fought), which took place in August or September, 490 BC. According to the legend he ran the entire way, announced "We have won." Then collapsed and died.



SCR is associated with RRCA, Road Runners Club of America. See: www.rca.org



Who's That? by Jane Murtha



The spotlight of this “Who’s That?” article shines on club member Stephanie Giconi. Stephanie, or Steph, as she is better known, is a La Junta native who moved to Pueblo in 2000 to attend CSUP. Her life is a small town American success story that proves working hard and setting goals can result in great personal success. It might even give you the warm fuzzies. During these chaotic times it’s nice to be reminded of success stories such as Steph’s.

Steph grew up in La Junta, living in the same house her whole life. As a country girl growing up with multiple small animals, the family joke was they lived at a petting zoo. The menagerie included pigs, lambs, goats, pigeons, and turkeys. Stephanie and her younger brother enjoyed competing in 4 H for many years. In high school, she competed in swimming and golf. Her best swimming events were the 100 yard backstroke and the mile freestyle. These staples of small town life, 4 H, and school sports, instilled the work ethic and value system that are the foundation of Steph’s adult life.

After graduating high school, Steph moved to Pueblo West in 2000 and started college at CSUP. She met her husband when he helped her fix a flat on her bike. It pays to be neighborly, guys! Also, cyclists take note, although Steph doesn’t bike anymore because she “got tired of wrecking and getting caught out in hail storms, she’s open to anchoring the swimming or running legs of a triathlon relay.

Once Stephanie graduated from CSUP with her Bachelor’s in nursing she starting working at Memorial Central in Colorado Springs as

an RN in the newborn ICU. While working full time at Memorial Central Steph was inspired to study at Regis University to get her master’s. She would drive to Denver every Wednesday to attend classes for eight hours. Her remarkable dedication to caring for newborns is driven by their innocence in their plight. Though some cases are tough “the good outweighs the



bad” and Steph revels in the fact that most of the babies get better.

Steph started running as a way to stay fit after her daughter, Kylee, now ten was born. It was easier and more time efficient to lace up her shoes and head out the door than to drive to a gym to workout. She has raced the gamut of distances from 5K’s to the Colorado Marathon but her favorite distance is the 10K. She says “it’s long enough that I don’t have to run too fast but short enough



to enjoy it.” Her most memorable race to date was the Oceanside, CA half marathon because she was 24 weeks pregnant with her now six year old son, Tyler. Although that race will always be a special memory for Steph because “he ran it with me” she tries to take something away from every event.

Over the years Steph has raced and trained somewhat inconsistently due to work life demands. Her job requires her to work 24-hour shifts. That kind of schedule, along with raising two children, makes it hard to run regularly. Steph found she was hardly getting in any miles some weeks and too many other weeks. To avoid injury and get on track, Steph committed to running at least 16 miles every week. This commitment has motivated Steph to stay on track, even though it meant running at 4AM one day to log her 16 miles for the calendar week. The pandemic has made it even harder for her to Steph to knock out her miles because she has to have a plan for the kids while they’re at home.

Through it all, she remains committed to her quest for fitness through dedication and consistency. Just as her drive to earn her master’s degree and care for newborns at the most critical level, her dedication to fitness through consistency and personal accountability is admirable. Her small town roots and values have carried over into her adult life and created a life to be proud of, on both a personal and professional level.

Left Photo: Steph with Kylee
Above: Steph with Tyler



We Belong Together

by Ashlee Sack

COVID-19 has changed our communities – both running and regional – forever. Events that followed March 13, 2020 have brought us moments of intense fear, anxiety, and frustration, but have also yielded joy, inspiration, and hope. The experiences that help bring us together through shared efforts, however, have been some of the most memorable.

When it became clear that more people than normal were using trails and open spaces, our organization (and others) began to shift our normal emphasis on events to supporting and educating our local population about safe outdoor recreation opportunities. We worried that the quarantine would lead to people feeling restless, depressed, and unhealthy.

It also became clear that our local Search and Rescue team had other worries as well. As a volunteer-run organization, the influx of people made their job more difficult as they responded to more incidences than normal. As we watched their pleas to, “Be smart. Be safe. Stay healthy.” repeat on their Facebook feed, we recognized an opportunity: to support a fellow non-profit. When we re-envisioned our spring running event, the runBlossom 5K and half marathon, we decided to turn the virtual run into a shared fundraiser for both FAR and SAR.

In or pre-race emails, we shared SAR’s message of caution and concern. We featured their Commander in our monthly newsletter. On the back of the race tee we proudly and prominently headlined their mantra. And in

race packets (which were sent out after the event), each participant also received a card detailing the 10 most important things to bring while safely recreating outside.

Donors and participants raised over \$3,860 (in registration fees and also donations) for FAR and an additional \$1,132 for Fremont Search and Rescue. Per-



#socialdistancing #upsidedowntime #physicallydistant
#runtogether #withoutgettingtogether #ourcanoncity



haps more important, however, was the shared experience and coordination that happened between our two organizations. While we have always appreciated their help at events and applauded their dedication from afar, it was wonderful to have an opportunity to work with them on event details, bring some awareness to their mission, and promote their message to our running community. It’s something we look forward to doing again soon.

We’re looking forward to our next virtual running event in October. We’ll be designing a new course that allows people to experience the best of the best on the Royal Gorge Trails. While details are still pending, we’re excited about the prospect of partnering with another group or organization. In this time of uncertainty, flexibility, and resilience, it feels good to work together.

Many thanks to those of you who may have participated in the virtual runBlossom Virtual 5K event. We are thankful for your support! Fremont Adventure Recreation's mission is to promote a culture and community of healthy living through human-powered recreation in the Royal Gorge Region. We have hosted events, assisted with trail construction, and promoted outdoor recreation opportunities since 2010. We are proud to support our community and southern Colorado in recreation endeavors. For future events, please find us on Facebook or at joinFAR.org.

Rim to Rim Royal Gorge Races 2020

By Mary Yang



This year, we will celebrate our 10th anniversary for the Rim to Rim Royal Gorge Races. This past January, registration was ready to go live as we reigned in the new year. Our planning committee began to commemorate on years past and grew eager to celebrate such a milestone. This race truly means a lot to the nonprofit it supports, and to our community. For those who do not know, all proceeds for the Rim to Rim Royal Gorge Races go towards Starpoint, a local nonprofit agency that offer essential services to several vulnerable populations. This includes individuals with developmental disabilities, disadvantaged families, and children.

As a race director, and an employee of Starpoint, I have always found it to be such a blessing to host a race at one of America's most majestic locations and for a cause that is so dear to my heart. This past March, when we learned more about the COVID-19 outbreak, we could never have imagined how life as we once knew it was has now changed indefinitely. A lot has transpired since March and we now find ourselves taking a pause. Our current registrations are on hold at the moment. We continue to see events being canceled and truly feel the pain for other race directors and nonprofit organizations who rely on such events.

As our race committee moves forward in an attempt to best navigate the months ahead, we want to be thoughtful of how we proceed to ensure the safety and health of not just our participants, but our community. We are continuing to investigate all of the advantages and disadvantages

of hosting a virtual race. We also continue to have discussions about strategic ways of hosting a live race during such a time, and our preference remains to be able to do so. Of course, we are also aware that come this fall, rapid change may hinder our plans.

As we remain on hold at the moment, it is incredibly challenging to market our event. As a way to stay connected to potential registrants, we have created Rim to Rim Virtual Fun Challenges on our FB and Instagram pages. These challenges will be posted every two weeks, all the way through September. Participants will be eligible to win swag along the way, and the overall winner will be recognized in October on race day. You can find us on both Facebook and Instagram @Rim to Rim Royal Gorge Run. Each challenge will be created as an event on our FB page and you can join at any point.

Here are the rules:

- Complete a challenge run within seven days of it being posted.
- Comment on the Rim to Rim run challenge post with a picture. You can comment on the FB post or in the FB event.

You can track the challenge leaderboard at <http://rimtorimroyalgorge.com/rim-to-rim-virtual-fun.html>

We will do a drawing after the close of each challenge and a lucky participant will be selected to win some swag! We hope you will join us and have a little fun, while getting outdoors. Our intention is to stay connected and create the type of camaraderie that we are longing for during this unprecedented time. We do hope to see you in October, whether virtual or live, we truly appreciate your support!



Rim to Rim Planning Committee Members (L to R)

Erica Leddon, Mary Yang & Amy Schmisser.



The Green Chile Bike Bank

by Kim Arline



The **Green Chile Bike Bank** is a completely volunteer effort in Pueblo, using donated parts and labor to repair and rebuild donated bicycles for the less fortunate in Pueblo County. Since January 2020, local bicycle mechanic and Homeless advocate, Sam Chambers, has rebuilt and donated 58 bicycles and 6 wheelchairs to homeless members of the community that are verifiably employed. Sam's passion is to make sure every employed homeless person has access to affordable transportation with a bicycle. These bicycles have already made a huge impact on the lives of the recipients by allowing them to get to work on time, enjoy the fresh air in their face and the opportunity to learn how to repair and maintain their own bicycle.

Chambers works two jobs with Volunteers of America working with Homeless Veterans and the Pueblo Rescue Mission Homeless Shelter. He spends his own time and money on this mission to mobilize the homeless. He also volunteers his time promoting and hosting Cruisin' Pueblo community bike rides weekly Thursday night rides during warmer months.

Chambers understands the challenges of the homeless, knows many of the men and women that are homeless or recently housed through local efforts. He estimates there are another 60-75 homeless people employed or close to employment that could benefit from a rebuilt bicycle. Many prior recipients have moved into housing and continue to ride to work. He is aware of more homeless women this year, they are less visible than the homeless men, but he would like to get more of them on bicycles and give them more freedom of movement in the community.

Eventually when the working homeless are outfitted, Chambers would like the Bike Bank to help more low-income families. This would most likely be on a build a bike, get a bike deal so they learn to care and maintain the bicycle in the process. Chambers is committed to working one night a week year-round but could expand hours with more community volunteers in a permanent location or funding for a paid position.

Chambers allows three homeless volunteers to work on building their own bike or helping build a bike for someone else **every Tues from 4:40-8 pm at the Pueblo Rescue Mission Shelter during the community bike night when Chambers rebuilds donated bikes.** His wife Stephanie often shows how to fix flat tires, do minor maintenance or puts volunteers to work with a rag cleaning up the donated bikes. The sense of accomplishment and self-sufficiency is obvious on the faces of the homeless volunteers. On one recent evening, Joshua, a bicycle recipient and frequent volunteer just dropped in to help and mentioned, "I feel relaxed here. I just enjoy working on the bikes, I like this place."

The Bike Bank has a few rules to receive a rebuilt bicycle. First, they cannot resell the bike. They must return it to the Bike Bank if no longer needed or wanted. Second, they need to allow their picture to be taken with the bicycle and they are invited to share their story if they choose. The recipients of these donations have been so appreciative, often coming back to thank the donor two or three times and proudly show off their bike to visitors at the homeless shelter.

Donations needed: Community members have donated bicycles, bicycle locks and bicycle light sets for safety when riding at night. One rebuilt bicycle is the result of parts from 2-3 bicycles and at least 3-7 hours of labor. Only 3 bicycles have been discarded from the hundred or so donations provided by the Police impound, Pedal Station, Family Worship Center and other individuals. All the donations are quickly turned around and dispersed to the working poor. More funding is needed to sustain this effort through grant funding and community donations to provide a permanent home for the Bike Bank, insurance and odds and ends parts needed to complete a bicycle. Each bike costs about \$40 in parts and Chambers is often spending his own money repairs. Bicycle tubes and locks are always in short supply.

Donations of bicycles, parts and cash can be dropped off at the Great Divide Bike shop on 4th and Santa Fe

Permanent location needed: The Pueblo Art Alliance allowed the Green Chile Bike Bank to store donated bicycles until mid-March 2020. Chambers is now paying \$80/month for a storage unit and the Great Divide Bike Shop is housing some donations in their basement. All the tools and stands must be moved in Chamber's automobile every workday and at-risk for theft. Each work night at the Bike Bank involves hauling three bike stands, tools, parts and bicycles out of storage to the Homeless Shelter. Chambers had \$2,000 worth of tools donated to the effort stolen from the Art Alliance location. A permanent home for the Bike Bank is needed in the downtown area of Pueblo to continue the outreach efforts with the homeless population. An area the size of a one-car garage minimum with covered area to work outside or a two-car garage size area would be ideal to allow storage of donated bicycles and a workspace to rebuild the bikes.

Sam Chambers is the point of contact for the Bike Bank at 423 -747-5931 or email: samismyname@icloud.com.



On Postcards & Goals

by Sean McGivney



One of the more fun tasks of the Annual Banquet for me, personally, was collecting the postcards upon which we encouraged all of the attendees to write their 2020 goals. We mailed those postcards out to everyone in early June, so everyone who had one coming to them should have received it by now. (Fun aside: some of our members are “Postcard Challenged” – the official, politically correct, medical term. Either these folks have never received a postcard and/or never written one, or chose the wrong hour of the evening to write it: wine-thirty, or perhaps beer o’clock).

It is unfortunate that many of the specific events our members had looked forward to have been cancelled or postponed, or become “virtual”. But much of the training to prepare for these has not been derailed. In fact, I’ve never run more in my life than I have so far this year. I miss the competition, but what has filled that gap for me is much more mileage, new routes I’ve explored, and a new running partner. I’ve also got a killer tan (for me, anyway, Irish-American that I am).

The postcards are meant to be an inspiration, a challenge, a reminder, an encouraging word. I think the pictures on them are great, too: European and American destinations, Pink Floyd album covers, the odd desert critter, etc. I hope that if you received one, it puts a genuine smile on your face. I hope that the cynical smirks are few and far between. I hope that you think of your good health, your friends in the Club, your family, and future competition, whenever that might be. I am especially grateful for the

opportunity to have run the Spring Runoff this year. What an exceptionally directed race that we were able to complete just in time!

We’ll have postcards again at the 2021 Banquet, and I hope that many of you will choose to complete one. Maybe you will sit by someone and write some nice things to each other (it’s allowed). I sincerely hope that hearing from yourself or a loved one in the middle of the year makes you want to run, bike, and/or swim faster, further, etc. But most of all, I hope that you smile, inside and out.



(President’s Message Continued from page 2)

We can still connect socially by phone, text, email, social media, across the trail or sidewalk or this newsletter. I encourage you to check on your running friends, neighbors and family members as this can be a lonely and scary time for people. Millions of Americans have experienced loss of income, employment altogether and an important sense of belonging to something with the economic challenges this viral pandemic has brought along with illness. Many in our own community and club may be suffering in ways we do not know, so reach out to others and just be kind. I do look forward to when we can gather again, run together and celebrate at the finish line. But until then, take advantage of our group run Facebook page and make connections for a stronger, happier, healthier community!



My COVID 19 - Nineteen Cancellations

by Marijane Martinez

- 19) Trip to Denver for Colorado Crossroads Volleyball tournament.
- 18) Trip to Las Vegas, Nevada for Precision Volleyball tournament.
- 17) Trip to Canton, Ohio for Hall of Fame 50 Anniversary half marathon.
- 16) Trip to San Francisco, CA to participate in Bay to Breakers 8K run.
- 17) Colorado Rockies game in San Francisco, CA.
- 16) Trip to Gold Canyon, Arizona to visit my brother.
- 15) Trip to Denver to watch Colorado Rockies.
- 14) Colorado Blue Sky 5k run. I have participated every year since its inception.
- 13) Trip to Denver for Becky's 50th birthday celebration.
- 12) Birthday gatherings for: my twin grandsons, Trevon & Darius; my niece, Kari Gonzales-Brosseau; friends, Diane Lopez, Kris Spinuzzi, Debbie Gurule & Haley Sinclair. Mastered the art of drive-by birthdays!
- 11) Trip for birthdays to Cripple Creek with friends cancelled.
- 10) Annual trip to Cuchara to relax and enjoy the beauty and peacefulness.
- 9) Pueblo Athletic Club closed. No gym access, no classes, no indoor or outdoor swimming pool.
- 8) CSU-Pueblo Recreation Center closed. No gym, no classes, no swimming pool.
- 7) Great Divide bike rides.
- 6) Pueblo Classic bike race.
- 5) Ordinary Mortals Triathlon.
- 4) Atalanta Women's 5k walk/run.
- 3) Minimized the number of people who could run in a group.
- 2) Eliminated going to coffee after running.
- 1) Hardest of all.....not being able to hug my grandchildren.

I am happy the restrictions are being lifted gradually and I am hopeful that social distancing and wearing masks will work!



A couple more Atalanta pics (see article on the front cover)

Left: Race Director Melanie Nelson presents an Atalanta bowl to Diane Lopez. Diane and her family have been contributors to the Atalanta Race.

Right: Wendy Garrison received a bowl for her leadership as race director for two years.



The Virtual Bolder Boulder

by Lisa Vigil



band at the top of the highest hill, we still felt part of the BB2020 family.

Kudos to everyone who ran that day, or that weekend to qualify as participants, we enjoyed every step of the 6.3 miles (whoops, we added a little extra distance trying to make sure we ran the whole thing). Memorial Day was honored a little differently this year, but it's a theme of the past few months. We are grateful for the opportunity to run and be together.

Left:
Luis, Lilianna,
Lallo & Lisa

Below:
Lallo doing the
"Slip N Slide"

As soon as we saw the Virtual Bolder Boulder 2020 announcement, Lallo and I knew we had to participate here in San Antonio. To really set the scene, it rained from 8 p.m. Sunday night, until 9 a.m. Monday morning, our official RUNNING DAY. We knew we had to get out there before the forecast said it was going to pick up again, and before the humidity got too high. Dressed in our best red, white and blue, snacks and water for Lilianna and KBCO blaring music, we took off.

My dad, Luis, provided a water stop (Gatorade and Coconut water to boot!) halfway and we also dropped off Lil to play. We ran into a neighbor who said we looked ready to be in a parade, ha ha. We were able to do the traditional slip and slide, but I wish we could've found our cowbells! Even though our route didn't include being pelted with marshmallows, or our favorite teen





Plant Based Black Bean Hummus

by Melanie Nelson

5 Minute Black Bean Hummus

Course: Snack Cuisine: Southwestern Keyword: black beans, hummus Calories: 125kcal
 Servings: 8

- 5 minute black bean hummus- a delicious new way to enjoy your hummus, with a bit of a southwestern kick! Canned or home cooked black beans are pureed with lime juice, tahini, garlic and some spices for a creamy and delicious hummus recipe. Gluten-free, vegan and clean eating.

Prep Time 5 mins Total Time 5 mins **Ingredients**

- 15 oz can of black beans (liquid reserved); see *
- 1 clove garlic minced
- 2 tablespoons olive oil
- 2 tablespoons tahini
- 2 tablespoons lime juice
- 1/2 teaspoon cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne (more for heat)

Instructions

In the base of a 7 cup food processor fitted with a steel blade, blend 1/4 cup of liquid from the can of black beans with garlic, olive oil, tahini, lime juice and spices for 1 minute, until smooth and frothy. Add the black beans and blend for another 1-2 minutes, until creamy and smooth. You may need to scrape down the sides and lid with a spatula. Store in a sealed container in the fridge for up to 1 week or in the freezer in a freezer bag for up to 3 months.

Notes

- * home cooked black beans can also be used; I measured out 15 oz on a kitchen scale which included a small amount of the cooking liquid. If you use home cooked black beans you do not need to puree the liquid with the other ingredients first; just place all ingredients in the processor and blend together.

Nutrition

Serving: 1/8 of batch | Calories: 125kcal | Carbohydrates: 13g | Protein: 5g | Fat: 5g | Saturated Fat: 0g | Cholesterol: 0mg | Sodium: 147mg | Potassium: 205mg | Fiber: 4g | Sugar: 0g | Vitamin A: 25IU | Vitamin C: 1.4mg | Calcium: 20mg | Iron: 1.4mg

Fun Fact

Running is often considered a young person's game, but the fact is runners are getting older. According to a report from RunRepeat and the International Association of Athletics Federations, the average age of runners climbed from 35.2 in 1986 to 39.3 in 2018. And the average age of participants across all major race distances — 5K, 10K, half-marathon and marathon — has increased as well.



Virtual Bolder Boulder Photos



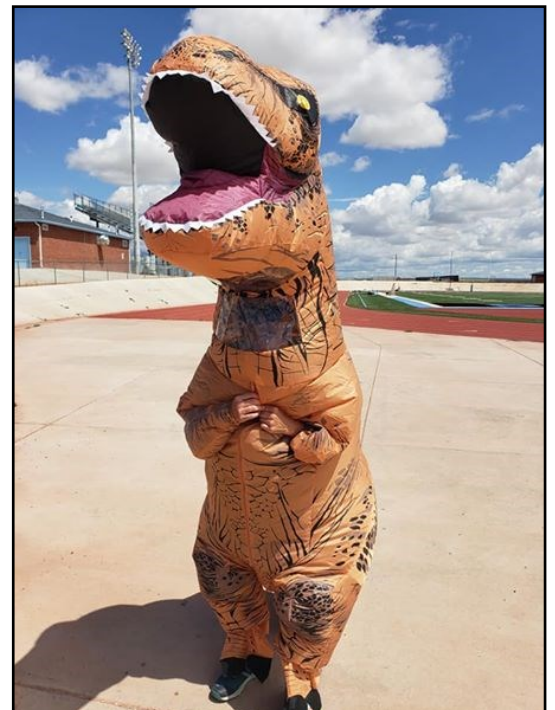
A few people sent in photos of their virtual Bolder Boulder. Some of our family did ours on the trails in Pueblo West and that day the trails were quite active. (We were careful to social distance) We wore our bibs and were asked numerous times what we were doing. Everybody seemed to get a kick out of it which made it more fun. Even though we couldn't have the full experience with 50,000 other crazy people in Boulder, we had an enjoyable morning. Left to Right: Ron & Chris Dehn, Emersyn, Mark, & Melissa Fairbairn, Kim Reed. By the way, Emersyn (17 months) slept through much of her first 10k)



Left: Kim and Greg Arline also ran Pueblo West Trails.

Below: Evidently an escapee from Jurassic Park was chasing the Arlines

Lower Left: Dave & Cathy Dehn did their Virtual BB in El Camino





Ramblin' Trail Running

by Ron Dehn

Editor's Note: This article is an adaption of an article written for *Footprints* several years ago.

“The single most important thing a runner can do to extend their running career is to run on dirt.”
Bill Rodgers

Bill Rodgers point is well taken. The more running you can do on friendly surfaces – the better off you are. The second important reason to run trails is that it provides the runner an opportunity to more fully experience fresh air and nature. When I am on a trail away from man-made structures, pollution, and noises, I transform from an observer of nature to being a part of it. All my senses become more alive. I've had the good fortune to do the majority of my running on trails for 38 years.

Trail running is different than street running and requires a different approach. You will likely be further from help if you have a problem. The surface and surroundings are also different. If you haven't tried running trails – Try it a half dozen times. Your body will thank you and so will your spirit. To make your experience safer and more pleasurable, I have developed the following set of “rules”. Feel free to add, correct, or delete as you see fit.

Rule #1: Run for health, fitness and fun. This is actually a principle more than a rule and nearly all the rules that follow are simply an expansion of Rule #1. Running simply must be a healthy activity. Done properly it will enhance your life. Trail running certainly has more variables than running circles on a track so adequate preparation and attitude are necessary for a pleasant and healthy experience.

Rule #2: Run with a friend. You can encounter something unfriendly (dog, snake, twisted ankle, etc). It just



makes sense to have a buddy on the trail with you whenever possible. Besides, this is a great time to enhance friendships. It doesn't get much better than spending time on a trail with a friend.

Rule #3: Communicate your plans. Let somebody know when you are leaving, where you are going, and when you expect to return. Write it down or text it. Don't count on someone's memory. Hiker Aaron Ralston broke this basic rule several years ago in the Canyonlands of Utah and was fortunate to escape with the loss of one arm.

Rule #4: Use technology. Take your (fully charged) cell phone with you. If you experience an injury, you may need to call for assistance. With the “Find My” app (and probably others) you can share your location with other individuals. And, as a fringe benefit – take a photo of that deer in the meadow or that prickly pear cactus in bloom.

Rule #5: Get your bearings. Trail Running would not be fun or rewarding if you get lost. Pay attention to landmarks like a stream or rock formation. Pay close attention when you come to a fork in the road and realize that you will be seeing things from a 180 degree different perspective on your way back. Make a small stone cairn (pile of rocks) here and there if it helps.

Rule #6: Take water. Do this year round, not just in the summer. I have a 2-bottle hydration belt. Some of my routes go near camping areas so I can re-fill my bottles at faucets. Stick a couple band aids in your belt pocket and if necessary, you can rinse a scrape with water then cover it with a band aid.

Rule #7: Take food. It may be just a package of energy gel in your pocket. A little nourishment can give you a boost if you start to get tired or maybe run for longer than you originally planned. It's an insurance plan.

Rule #8: Take protection and be ready to use it. I advise you do this on the streets as well. I carry pepper spray. Humans out in nature are almost always friendly but I have run into aggressive dogs a couple times and had the spray ready but never used it.

Rule #9: Use your head when nearing critters. This applies to human critters as well and to both street and trail running. Announce your presence to another human. A simple “on your left” or “hello” well ahead of time usually works. People get startled easily if they don't see or hear you coming. Give a wide berth to any critter whenever possible and let whatever you encounter know that you are not a threat. If you feel threatened by a dog or other animal - don't run. An animal will almost always chase you if you do, and you won't win that race. Remain calm and assertive because the animal will likely detect your fear. Stand still and make no sudden moves. Looking into an animal's

(Continued on page 13)

Trail Running Continued



eyes or showing your teeth (don't smile) are signs of aggression. Some experts tell you to talk softly, and stand sideways if possible. Others recommend the firmer approach where you make yourself look large and yell a single sharp word like KIA or GO HOME. I have had better luck with the soft approach. In either case, when possible, slowly slowly back away. If an attack is imminent, have your pepper spray ready and yell for help. Try to hit the animal's mouth and eyes. Protect your face and neck. Some experts advise you to kick the ribs or throat, others advise you to fight back as a last resort, thinking that the dog will bite only once. I've been threatened many times but bitten only once and it was a "stealth" attack. I didn't see the dog until he nipped my leg once then backed away. I was able to track down the owner.

Rule #10: Don't believe dog owners. Dogs are domesticated wolves albeit a few generations removed. Their instinct is to protect their territory and owners. I have heard "my dog is friendly" and "you can pet my dog" on multiple occasions. No thanks! I have seen too many teeth and heard the accompanying low steady growl. As a corollary - If you take your dog be responsible. Bag up any "deposits". Also - no matter how well behaved your dog is - carry a leash and use it when getting close to another human. It just helps avoid problems.

Rule #11: Leave your music at home. This rule also applies to street running and yes, this is easily the most controversial rule; and I will take flak for this one. To me, this is a huge safety issue. I want to be totally aware of my surroundings. I want to know about other humans, animals, bicycles, four wheelers, rattlesnakes, thunder, and any other potential danger as early as possible. Twice I have heard rattlers before I saw them. Secondly, I want to hear the sounds of nature. People tell me they run with music to take their mind off their pain. Open all your senses for nature's own remedy. You can't focus on pain if you are focusing on the world of nature around you. Take a deep breath and be present. Your 70's music can't hold a candle to the mountains, rocks, plants, streams, birds, and all the other sights that surround you.

Rule #12: Listen to your body and watch the sky. As always, pay attention to your energy level, the amount of water you have left, your sore or not so sore muscles, etc. In short be flexible. Shorten or lengthen your outing depending on how you feel and what is in the sky. Rain is generally ok, flash floods or lightning are not. Neither is darkness. I don't ever want to be the reason for a search party.

Rule #13: Protect yourself from the elements and insects. Use sunscreen and a hat or visor when appropriate. If the forecast is for 95 degrees at noon, run at 7am. On the other extreme, think about carrying another layer when the temperature is dipping. If mosquitoes are a possibility, spray yourself with Deet.

Rule #14: Wear the right shoes. Your "asphalt shoes"

may not be your "trail shoes". But don't go out and spend \$140 before hitting the trail several times. There is no "right" answer except what works for you.

Rule #15: Walk when it makes sense. You might walk simply because you are tired. But you might also walk because the trail is rocky or very steep (up or down). One misstep could result in a broken wrist or a bloodied face. Why risk it to save 15 seconds?

Rule #16: Don't focus on times. You might be a competitive runner in road races, but your 6 mile trail time will be considerably slower than your 10k on the streets. Who cares? I sometimes compare my current time on a specific trail to my previous times just to get an idea of my general conditioning, but my focus is not to cut 20 seconds off my previous time. I may stop to take a photo of a cactus in bloom. As a corollary, don't focus too much on distance. Four miles on a demanding trail may require more effort than seven miles on asphalt.

Rule #17: Leave only footprints. This rule is nothing original but applies just the same. Stay on trail and respect the plant and animal life that you encounter. Take out whatever you bring in and don't remove anything. Stay off private property unless you have permission. An unhappy landowner could ruin an otherwise really nice morning.

Rule #18: Have gratitude. Trail running is something that the majority of people don't have the opportunity to do because of health, time and a myriad of other reasons. If you are doing it, you truly have good fortune. I have spent a lot of time around people in wheelchairs and hospital beds, many of them younger than me. I don't take the ability to walk for granted let alone an activity such as trail running. Be grateful and you will be amazed at the domino effect on your life. Gratitude spills over.

Rule #19: Enjoy and be present. Trail running is not just going for a run, it is going for an experience. Focus on where you are in relation to your surroundings and be present. It is so easy to look past the wonders of life. "Stop and smell the roses" has become a cliché. The problem with clichés is that we become so familiar with them we don't pay attention to their meaning. While you are admiring nature, keep one eye on the trail. Watch out for rocks, roots, and other surprises. As a friend of mine says, "Keep the rubber side down."

Rule #20: Repeat Rule #1. Repeat the rule and remember that trail running not only provides nourishment for your body but for your mind and spirit as well.

Happy Trails



The Birthday Page



July

1	Marijane	Martinez
	Tanna	Schut
2	Donald	Pfost
	Vash	Siffing
4	Emily	Diaz
	Donald	Moore
6	Jay	Zarr
8	Joseph	Spinuzzi
9	Bob	Noble
11	Alex	San Filippo-Rosser
14	Michelle	Cisney
15	Kevin	Hughes
	Maria	Pano
17	David	Dietz
	REGIS	Marquez
19	Jason	Castro
	David	Luna
20	Bill	Veges
22	Lindsey	Romero
23	Danielle	Caro
	Eric	Medina
	Sarah	Staples
27	Mary	Porter
	Jayne	Stangier
29	Darryl	Clark
	Diana	Tiffany-Hardy
31	Kaelynne	Caro
	Malcolm	Singer

August

3	Leah	Boyle
4	Marcia	McKeen
5	Janique	Holbrook
5	Steve	Seidel
6	Jon	Teisher
8	Connor	Steves
9	Darlene	Chavez
	Dave	Diaz
10	Catherine	Gallegos
11	Richard	Craft
	Ron	Dehn
	Helen	Hooker
12	Brenda	Torres
	Ross	Westley
14	Frank	Lopez-Cepero
	karin	mclintock
15	Mark	Gonzales
	AARON	POTOKAR
17	Andrea	Nunez-Chavez
18	Jayne	Bright
	Melanie	Hughes
19	Emily	Lucero
	Aden	Martinez
21	Charles	Lucero
24	Paula	Mccabe
25	Brie	Horton
	Taylor	Lopez-Cepero

September

1	Steve	Fox
3	Melissa	Dunnahoo
	David	Horton Jr.
4	Jane	Murtha
9	Hollie	Brosseau
	Chris	Gredig
	Kenshin	Siffing
10	John	Sudduth
	natalie	veges
12	Dawn	Zenner
13	Ted	Johnson
	Carolyn	Sharp
15	Matthew	Diaz
	Debbie	Robson
16	mary	oreskovich
20	Donna	Tieken
21	Stacey	Diaz
22	Ronald	Olson
	Michael	Orendorff
23	Gary	Franchi
	Curt	Wright
24	Chloe	Nicolay
25	Kim	Dodds
	Katie	Teisher
26	Siria	Aguilar
	Steve	Hackworth
27	Carrie	Fox
	Deb	Hadley
	Nathan	Harper
	Cassie	Pate
29	Rylan	Dehn
30	Thomas	Herzog
	Helen	Whitener

October

3	Matthew	Whitaker
6	Michael	Atlas-Acuna
8	Kevin	Bailey
9	LORENA	EAGLE
10	Larry	Marquardt
	Brian	Zenner
12	Denise	Crepeau
	Eftalina	Pano
13	Peggy	Oreskovich
16	Melanie	Steves
	Terri	Tibbs
17	Sheri	Giordano
19	Jane	Chess
19	Raelene	Moore
	Denny	Stangier
	Rosalinda	Vargas
20	Lynn	Dietz
	Paul	Hindman
22	Ann	Macartney
	Filomeno	Vargas
23	Tyler	Giconi
	Kadince	Neal
26	Dorene	Miller
28	Eileen	Baracz
	Marvin	Jones
31	David	Rael

Note: If your name is incorrectly spelled, appears in the incorrect date, in all lower case, or all caps, you may make corrections in RunSignup.

Names and addresses are all taken from the RunSignup data base, so if you plan to move, please make changes because newsletters are NOT forwarded.

Thank you.

The Gold Dust Saloon
217 South Union



Race Calendar

Unfortunately

There is not much to report regarding future races. Most of what we know about is either cancelled, changed to virtual, or undetermined. Since conditions are constantly changing, please check with race directors / organizers about any races you are interested in.

The June Predict Run (from Ted Sillox)

Hello Runners,

This month we had two forms of racing for our members. On Saturday June 20th we gathered at Lake Minnequa for a real timed prediction run. 21 people participated and one of the most inspirational moments was seeing Bill Veges' mom Natalie, aged 92, walk 3 miles around the lake trail. What an act of courage in these times. Thank you Natalie for showing us the way. All of the participants expressed feelings of joy about the run. Other runners and walkers had the weekend to participate with the virtual run.

July

I am planning on having a real run at Pueblo Mtn Park in July as it is a big area where we can spread out and have a longer run. I think we will continue with the virtual runs until the virus is done.

Sincerely,

Ted

The Rock Canyon Half

Melanie Steves reports that no final decisions are made yet, but so far they are planning on having it on December 6th. However, updates as to plans will be forthcoming as conditions evolve, so stay tuned.

The Raptor Run

At this point, the 10th annual Raptor Resolution Run is scheduled for January 9, 2021 but pending the conditions, it is likely to be a virtual run. Again, stay tuned.

SOUTHERN COLORADO RUNNERS
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 address in Runsignup.

Contact Us

Got a question or some friendly advice for the board?
 Come to a meeting or
 Give us a "shout" via e-mail.

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Volunteer Points	Stacey Diaz	volunteer@socorunners.org

The SCR meetings are held it will be via technology until further notice

Visit our Web Site: For racing schedules, results, contact info, etc,
 see: www.socorunners.org
www.socorunners.org/triclub

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The Final Thoughts...

A plan that can't be changed is a bad plan. -Herm Edwards / Italian proverb

Until you dig a hole, you plant a tree, you water it and make it survive, you haven't done a thing. You are just talking. -Wangari Muta Maathai, activist and Nobel laureate

Here is the test to find whether your mission on earth is finished: If you're alive, it isn't. -Richard Bach,

Running isn't a sport for pretty boys...It's about the sweat in your hair and the blisters on your feet. Its the frozen spit on your chin and the nausea in your gut. It's about throbbing calves and cramps at midnight that are strong enough to wake the dead. It's about getting out the door and running when the rest of the world is only dreaming about having the passion that you need to live each and every day with. Paul Maurer

Duct tape is like the force. It has a light side, a dark side, and it holds the universe together. ~Carl Zwan-zig